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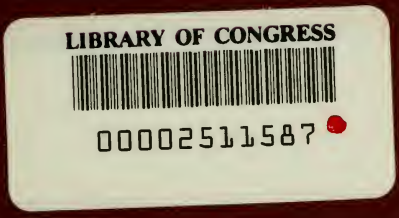

MANY WAYS FOR COOKING EGGS

By

MRS. SARAH TYSON RORER

Author of

Mrs. Rorer's New Cook Book
Canning and Preserving and
other valuable works on cookery

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CONTENTS

	PAGE
SAUCES	5
English Drawn Butter	6
Sauce Hollandaise	6
Anchovy Sauce	7
Plain Ravigotte Sauce	7
Sauce Bechamel	8
Tarragon Sauce	8
Horseradish Sauce	8
Cream or White Sauce	9
Brown Butter Sauce	9
Sauce Perigueux	10
Tomato Sauce	11
Paprika Sauce	11
Curry Sauce	11
Spanish Sauce	12
COOKING OF EGGS	13
To Preserve Eggs	16
Shirred Eggs	17
Eggs Mexicana	17
Eggs on a Plate	18
Eggs De Lesseps	19
Eggs Meyerbeer	19
Egg Timbales	20
Eggs Coquillicot	21
Eggs Suzette	21
Eggs Steamed in the Shell	22

COOKING OF EGGS—Continued PAGE
To Poach Eggs 23
Eggs Mirabeau 25
Eggs Norwegian 25
Eggs Prescourt 26
Eggs Louisiana 27
Eggs Richmond 27
Hungarian Eggs 28
Eggs Nova Scotia 28
Eggs Lakme 28
Eggs Malikoff 29
Eggs Virginia 28
Japanese Eggs 30
To Hard-boil Eggs 31
Eggs Creole 31
Curried Eggs 32
Eggs Beauregard 33
Eggs Lafayette 34
Eggs Jefferson 34
Eggs Washington 35
Eggs a la Martin 36
Eggs au Gratin 36
Devilled Eggs 37
Eggs a la Tripe 38
Eggs a l'Aurore 39
Eggs a la Suisse 40
Eggs a la Dauphin 41
Eggs with Nut-brown Butter 42
Eggs Broulli 43

COOKING OF EGGS—Continued PAGE
Plain Scrambled Eggs 43
Birds' Nests 44
Egg Flip 45
Eggs a la Rorer 45
Eggs Bénédict 46
Eggs en Cocotte 47
Omelet 47
Omelet with Asparagus Tips . . 50
Omelet with Green Peas 50
Havana Omelet 51
Omelet with Tomato Sauce . . . 52
Omelet with Oysters 51
Omelet with Sweetbreads . . . 53
Omelet with Tomatoes 53
Omelet with Ham 54
Omelet with Cheese 54
Omelet with Fine Herbs 55
Spanish Omelet 55
Omelet Jardiniere 56
Omelet with Fresh Mushrooms . . 56
Omelet O'Brien 57
SWEET OMELETS 58
Omelet a la Washington 58
Omelet with Rum 59
Swiss Souffle 60
Omelet Souffle 61

Sauces

There is a certain philosophy of the sauces, which, when understood, enables one to make quite a variety from the materials usually found in every household.

The measurements, as given here, are rounded as much above as below the spoon. If, however, level measurements are easier, allow two teaspoonfuls or two tablespoonfuls for each one given in these recipes.

ENGLISH DRAWN BUTTER

2 tablespoonfuls of butter
½ pint of boiling water
1 tablespoonful of flour
½ teaspoonful of salt
A dash of pepper

Rub one tablespoonful of butter and the flour together, add the boiling water, slowly stir until boiling, add the salt and pepper; take from the fire, add the remaining tablespoonful of butter and it is ready for use. It must not be boiled after the last butter is added.

SAUCE HOLLANDAISE

Make English Drawn Butter and add to it, when done, the yolks of two eggs beaten with two tablespoonfuls of water; cook until thick and jelly-

like, take from the fire and add one tablespoonful of tarragon vinegar or the juice of half a lemon.

ANCHOVY SAUCE

Rub two teaspoonfuls of anchovy essence with the butter and flour and then finish the same as English Drawn Butter.

PLAIN RAVIGOTTE SAUCE

1 Chili, chopped
1 tablespoonful of tarragon vinegar
1 teaspoonful of Worcestershire sauce
1 tablespoonful of chopped parsley

Make English Drawn Butter and then add the above ingredients.

SAUCE BECHAMEL

1 tablespoonful of butter
The yolk of one egg
½ cup of milk
1 saltspoonful of pepper
1 tablespoonful of flour
½ cup of stock
½ teaspoonful of salt

Rub the butter and flour together, add the stock and the milk and stir until boiling; add the salt and pepper, take from the fire and add the beaten yolk of the egg, heat for a moment over hot water, and it is ready for use.

TARRAGON SAUCE

Add two tablespoonfuls of tarragon vinegar to an English Drawn Butter Sauce.

HORSERADISH SAUCE

Make an English Drawn Butter, and, just at serving time, add a half cupful

of freshly grated horseradish. If you are obliged to use that preserved in vinegar, press it perfectly dry before adding.

CREAM OR WHITE SAUCE

1 tablespoonful of butter
½ pint of milk
1 tablespoonful of flour
½ teaspoonful of salt
1 saltspoonful of pepper

Rub the butter and flour together, add the milk cold and stir until boiling; add the pepper and salt and it is ready for use.

BROWN BUTTER SAUCE

6 tablespoonfuls of butter
1 teaspoonful of mushroom catsup
1 tablespoonful of vinegar
4 tablespoonfuls of stock

Melt the butter, brown it and then skim; pour it carefully into a clean

saucepan, add the vinegar, catsup and stock, boil a minute, and it is ready for use.

SAUCE PERIGUEUX

4 tablespoonfuls of butter
½ pint of stock
1 glass of white wine
½ teaspoonful of salt
1 tablespoonful of flour
1 bay leaf
2 chopped truffles
1 saltspoonful of pepper
1 teaspoonful of kitchen bouquet

Chop the truffles and put them with the bay leaf and wine in a saucepan on the back of the stove. Rub half the butter and flour together, add the stock, stir until boiling and add one teaspoonful of Kitchen Bouquet, the salt and pepper, and then the truffles; cook ten minutes, add the remaining quantity of butter and use at once.

TOMATO SAUCE

Rub together two level tablespoonfuls of flour and two of butter. Add a half pint of strained tomatoes. Stir until boiling. Add a teaspoonful of onion juice, a half teaspoonful of salt and a saltspoonful of pepper. Strain and use.

PAPRIKA SAUCE

Rub together two level tablespoonfuls of flour and two of butter, with a tablespoonful of paprika. Add a half pint of chicken stock. Stir until boiling. Add a half teaspoonful of salt, and strain. This sauce may be used over chicken as well as eggs.

CURRY SAUCE

Chop fine one onion. Cook it with two level tablespoonfuls of butter until soft. Do not brown. Add two level

teaspoonfuls of curry powder and a half teaspoonful of salt. Mix and add a half pint of boiling water. Stir until boiling, and strain.

SPANISH SAUCE

Chop sufficient carrot to make a tablespoonful. Add it to one chopped onion. Place them in a saucepan with three level tablespoonfuls of butter, a bay leaf and a blade of mace. Shake the pan over the fire until the vegetables are slightly browned. Drain off the butter and add to it two level tablespoonfuls of flour, a half cupful of good stock, a half cupful of strained tomatoes, and bring to a boil. Add a half teaspoonful of salt and a dash of Cayenne. Strain. Stir until boiling, strain again and add four tablespoonfuls of Sherry.

Cooking of Eggs

Any single food containing all the elements necessary to supply the requirements of the body is called a complete or typical food. Milk and eggs are frequently so called, because they sustain the young animals of their kind during a period of rapid growth. Nevertheless, neither of these foods forms a perfect diet for the human adult. Both are highly nutritious, but incomplete.

Served with bread or rice, they form an admirable meal and one that is nutritious and easily digested. The white of eggs, almost pure albumin, is nutritious, and, when cooked in water at 170° Fahrenheit, requires

less time for perfect digestion than a raw egg. The white of a hard-boiled egg is tough and quite insoluble. The yolk, however, if the boiling has been done carefully for twenty minutes, is mealy and easily digested. Fried eggs, no matter what fat is used, are hard, tough and insoluble. The yolk of an egg cooks at a lower temperature than the white, and for this reason an egg should not be boiled unless the yolk alone is to be used.

Ten eggs are supposed to weigh a pound, and, unless they are unusually large or small, this is quite correct.

Eggs contain from 72 to 84 per cent. of water, about 12 to 14 per cent. of albuminates. The yolk is quite rich in fat; the white deficient. They also contain mineral matter and extractives.

To ascertain the freshness of an egg without breaking it, hold your hand around the egg toward a bright light or the sun and look through it. If the yolk appears quite round and the white clear, it is fresh. Or, if you put it in a bucket of water and it falls on its side, it is fresh. If it sort of topples in the water, standing on its end, it is fairly fresh, but, if it floats, beware of it. The shell of a fresh egg looks dull and porous. As it begins to age, the shell takes on a shiny appearance. If an egg is kept any length of time, a portion of its water evaporates, which leaves a space in the shell, and the egg will "rattle." An egg that rattles may be perfectly good, and still not absolutely fresh.

TO PRESERVE EGGS

To preserve eggs it is only necessary to close the pores of the shells. This may be done by dipping them in melted paraffine, or packing them in salt, small ends down; or pack them in a keg and cover them with brine; or pack them in a keg, small ends down and cover them with lime water; this not only protects them from the air, but acts as a germicide.

Eggs should not be packed for winter use later than the middle of May or earlier than the first of April. Where large quantities of the yolks are used, the whites may be evaporated and kept in glass bottles or jars. Spread them out on a stoneware or granite plate and allow them to evaporate at the mouth of a cool oven. When

the mixture is perfectly dry, put it away. This powder is capable of taking up the same amount of water that has been evaporated from it, and may then be used the same as fresh whites.

SHIRRED EGGS

Cover the bottoms of individual dishes with a little butter and a few fresh bread crumbs; drop into each dish two fresh eggs; stand this dish in a pan of hot water and cook in the oven until the whites are set. Put a tiny bit of butter in the middle of each, and a dusting of salt and pepper.

EGGS MEXICANA

Put two tablespoonfuls of butter in a saucepan. Add four tablespoonfuls of finely chopped onion and shake until

the onion is soft, but not brown. Then add four Spanish peppers cut in strips, a dash of red pepper and a half pint of tomatoes; the tomatoes should be in rather solid pieces. Add a seasoning of pepper and salt. Let this cook slowly while you shir the desired quantity of eggs. When the eggs are ready to serve, put two tablespoonfuls of this sauce at each side of the dish, and send at once to the table.

EGGS ON A PLATE

Rub the bottom of a baking dish with butter. Dust it lightly with salt and pepper. Break in as many fresh eggs as required. Stand the dish in a basin of water and cook in the oven five minutes, or until the whites are set. While these are cooking, put two

tablespoonfuls of butter in a pan and shake over the fire until it browns. When the eggs are done, baste them with the browned butter, and send to the table.

EGGS DE LESSEPS

Shir the eggs as directed. Have ready, carefully boiled, two sets of calves' brains; cut them into slices; put two or three slices between the eggs, and then pour over browned butter.

EGGS MEYERBEER

To each half dozen eggs allow three lambs' kidneys. Broil the kidneys. Shir the eggs as directed in the first recipe. When done, put half a kidney on each side of the plate, and pour over Sauce Perigueux.

EGG TIMBALES

Butter small timbale moulds or custard cups, dust the bottoms and sides with chopped tongue and finely chopped mushrooms. Break into each mould one fresh egg. Stand the mould in a baking-pan half filled with boiling water, and cook in the oven until the eggs are set. Have ready nicely toasted rounds of bread, one for each cup, and a well-made tomato or cream sauce. Loosen the eggs from the cups with a knife, turn each out onto a round of toast, arrange neatly on a heated platter, fill the bottom of the platter with cream or tomato sauce, garnish the dish with nicely seasoned green peas and serve at once.

EGGS COQUILLICOT

Grease small custard or timbale cups and put inside of each a cooked Spanish pepper. Drop in the pepper one egg. Dust it lightly with salt, stand the cups in a pan of boiling water and cook in the oven until the eggs are set. Toast one round of bread for each cup and make a half pint of cream sauce. When the eggs are set, fill the bottom of the serving platter with cream sauce, loosen the peppers from the cups and turn them out on the rounds of toast. Stand them in the cream sauce, dust on top of each a little chopped parsley and send to the table.

EGGS SUZETTE

Bake as many potatoes as you have persons to serve. When done, cut off the sides, scoop out a portion of the

potato, leaving a wall about a half inch thick. Mash the scooped-out portion, add to it a little hot milk, salt and pepper, and put it into a pastry bag. Put a little salt, pepper and butter into each potato and break in a fresh egg. Press the potato from the pastry bag through a star tube around the edge of the potato, forming a border. Stand these in a baking-pan and bake until the eggs are set. Put a tablespoonful of cream sauce in the centre of each, and send to the table.

EGGS STEAMED IN THE SHELL

Eggs put into hot water and kept away from the fire are much better than eggs actually boiled for only a short time. The greater the number of eggs to be cooked, the greater the

amount of water that must be used. To cook four eggs, put them into a kettle, pour over them two quarts of water, cover the kettle and allow them to stand for ten minutes. Lift them from the water, put them into a large bowl, cover with boiling water, and send at once to the table. The whites will be coagulated, but should be soft and creamy, while the yolks will be perfectly cooked. If you should add six eggs to this volume of water, lengthen the time of standing. A single egg, dropped into a quart of water, must stand eight minutes.

TO POACH EGGS

Take for this a shallow frying pan, and partly fill it with boiling water. The eggs must be perfectly fresh. The

white of an egg is sealed in a membrane which seems to lose its tenacity after the egg is three days old. Such an egg, when dropped into boiling water, spreads out; that is, it does not retain its shape. When ready to poach eggs, take the required number to the stove. The water must be boiling hot, but not actually bubbling. Break an egg into a saucer, slide it quickly into the water, and then another and another. Pull the pan to the side of the stove, where the water cannot possibly boil. With a tablespoon, baste the water over the yolks of the eggs, if they happen to be exposed. They must be entirely covered with a thin veil of the white. Have ready the desired quantity of toast on a heated platter, lift each egg with a slice or skim-

mer, trim off the ragged edges and slide them at once on the toast. Dust with salt and pepper and send to the table.

EGGS MIRABEAU

Cut a sufficient number of rounds of bread, toast them carefully and cover them with *pate de foie gras,* put on top of each a poached egg, pour over Sauce Perigueux, and send to the table.

EGGS NORWEGIAN

Cover rounds of toasted bread first with butter and then with anchovy paste, put on top of each a poached egg, pour over Anchovy Sauce, and send at once to the table.

EGGS PRESCOURT

Toast slices of bread, put thin slices of chicken on each, on top of this a poached egg, cover with Sauce Bernaise, and serve at once.

EGGS COURTLAND

Mince sufficient cold chicken to make a half cupful. Make a half pint of cream sauce, add the minced chicken, a half teaspoonful of salt and a dash of red pepper. Toast a sufficient quantity of bread, put it on a heated platter, pour over a small quantity of the minced chicken and cream sauce, then put on each a poached egg, cover with the remaining sauce, dust with parsley and serve with a garnish of green peas.

EGGS LOUISIANA

Make a half pint of tomato sauce, toast a sufficient quantity of bread, butter the bread and put on each slice a poached egg; cover with the tomato sauce.

EGGS RICHMOND

Chop sufficient cold chicken to make a half cupful, add an equal quantity of finely chopped mushrooms, add this to a half pint of cream sauce. Add one unbeaten egg to a pint of cold boiled rice, season it with salt and pepper, make into round, flat cakes, and fry in hot fat. Arrange these on a heated platter, put on top of each a poached egg, and pour over the cream sauce mixture.

HUNGARIAN EGGS

Boil a cup of rice until tender and dry. Make a half pint of Paprika Sauce. Turn the rice into the centre of a platter, smooth it down, cover the top with poached eggs, pour over the Paprika Sauce and send at once to the table.

EGGS NOVA SCOTIA

Put a poached egg on top of a flat codfish cake, pour over cream or tomato sauce, and send to the table.

EGGS LAKME

Cut any cold chicken or turkey into very thin slices, and stand it in hot water, in a dish, until heated; toast a sufficient quantity of bread, butter the slices, put on each a slice of chicken or turkey, dust lightly with salt and

pepper. On top of each slice place a poached egg, cover with Tarragon Sauce, and send to the table.

EGGS MALIKOFF

Toast rounds of bread, cover them with caviar which has been seasoned with a little onion and pepper. Put on top of each a poached egg, cover with Horseradish Sauce, and send to the table.

EGGS VIRGINIA

Grate six ears of corn. Add half cupful of milk, a half cupful of flour and two eggs, beaten separately. Mix. Add a half teaspoonful of salt and a dash of pepper. Drop the mixture in large tablespoonfuls in hot fat. When brown on one side, turn and brown on the other. Drain and arrange neatly on

a large platter. Put a poached egg on the top of each cake, cover with cream sauce and send to the table. This dish, with green peas, makes quite a complete meal.

JAPANESE EGGS

Carefully boil one cup of rice, drain dry. Make a half pint of cream sauce, add to it a teaspoonful of grated onion and a teaspoonful of chopped celery. Poach the desired number of eggs. Put the rice in the centre of a platter, cover it with the eggs, pour over the sauce. Dust the dish with parsley, and send at once to the table. The edge of this dish may be garnished with broiled sardines or carefully broiled smoked salmon.

TO HARD-BOIL EGGS

Put the eggs in warm water, bring the water quickly to the boiling point, then push the kettle to the back of the stove, where the water will remain at 200° Fahrenheit, for twenty minutes. If these are to be used for made over dishes, throw them at once into cold water, remove the shells, or the yolks will lose their color.

EGGS CREOLE

Put two tablespoonfuls of butter and four of chopped onions into a saucepan, cook until the onion is soft, but not brown. Then add four peeled fresh tomatoes that have been cut into pieces, and three finely chopped green peppers. Cook this fifteen minutes, and add a level teaspoonful of

salt. Have the eggs hard-boiled, and cut into slices. Put them into a baking dish, pour over the sauce, re-heat in the oven, and serve with a dish of boiled rice.

CURRIED EGGS

Peel, and cut into slices, three large onions. Put them in a saucepan with two tablespoonfuls of butter. Stand over hot water and cook until the onions are soft. Add a teaspoonful of curry powder, a clove of garlic mashed, a saltspoonful of ground ginger, a half teaspoonful of salt and a tablespoonful of flour; mix thoroughly and add a half pint of water. Stir until boiling. Have ready six hard-boiled eggs, cut them into slices, arrange them over a dish of carefully boiled rice, on

a hot platter, strain over the sauce, and send at once to the table. This dish is made more attractive by a garnish with sweet Spanish peppers, cut into strips.

EGGS BEAUREGARD

Hard-boil five eggs. Separate the whites from the yolks. Put the yolks through a sieve. Put the whites either through a vegetable press, or chop them very fine. Make a half pint of cream sauce, season it and add the whites. Have ready a sufficient amount of toast, carefully buttered. Put this on a heated platter, cover over the cream sauce and the whites, dust the tops with the yolks, then with salt and pepper. Garnish the edge of the dish with finely chopped parsley, and send at once to the table.

EGGS LAFAYETTE

Hard-boil six eggs, chop them, but not fine. Make a half pint of Curry Sauce. Put the chopped eggs over a bed of carefully boiled rice, cover with the Curry Sauce, garnish with strips of Spanish pepper and serve. This dish may be changed by using Tomato Sauce in place of the Curry Sauce.

EGGS JEFFERSON

Select the desired number of good-sized tomatoes, allowing one to each person. Cut off the blossom end, scoop out the seeds, stand the tomatoes in a baking pan in the oven until they are partly cooked. Put a half teaspoonful of butter and a dusting of salt and pepper into the bottom of each, and break in one egg. Put these back

in the oven until the eggs are set. Have ready a round of toasted bread for each tomato, stand the tomato in the centre of the bread, fill the bottom of the dish with cream sauce, and send to the table.

EGGS WASHINGTON

Add a half pint of crab meat to a half pint of cream sauce. Season with salt and pepper. Have ready either bread patés or patés made from puff paste. Put a tablespoonful of the crab mixture in the bottom of each. Break in an egg. Stand in the oven until the egg is set. Or you may poach the eggs and slide them into the paté. Pour over the remaining quantity of crab-meat sauce, and send at once to the table.

EGGS A LA MARTIN

Make a half pint of cream sauce. Put half of it in the bottom of a baking dish or into the bottom of ramekin dishes or individual cups. Break fresh eggs on top of the cream sauce, dust with a little salt and pepper, put on each a tiny bit of butter, pour over the remaining cream sauce, sprinkle the top with grated cheese, and bake in a moderate oven until the cheese is browned. Serve in the dish or dishes in which they are cooked.

EGGS AU GRATIN

Make a pint of cream sauce. Hard-boil six eggs. Cut them into slices. Put them in the baking-dish and cover with the cream sauce. Dust thickly with cheese, and brown quickly in the oven.

DEVILLED EGGS

Hard-boil twelve eggs. Remove the shells. Cut the eggs into halves, crosswise. Take out the yolks without breaking the whites. Press the yolks through a sieve. Add four tablespoonfuls of finely chopped chicken, tongue or ham. Add a half teaspoonful of salt, a saltspoonful of pepper and two tablespoonfuls of melted butter. Rub the mixture. Form it into balls the size of the yolks and put them into the places in the whites from which the yolks were taken. Put two halves together, roll them in tissue paper that has been fringed at the ends, giving each a twist. If these balls are made the size of the yolk, and put back into the whites, they may be placed on a

platter, heated, and served on toast, with Cream Sauce; then they are very much like the eggs Bernhardt.

EGGS A LA TRIPE

Hard-boil eight eggs. Remove the shells, cut eggs cross-wise in rather thick slices. Cut three small onions into very thin slices. Separate them into rings, cover them with boiling water and boil rapidly ten minutes; drain, then cover them with fresh water and boil until they are tender; drain again, but save the water. Now mix the eggs and onions carefully, without breaking. Put two level tablespoonfuls of butter and two of flour into a saucepan. Mix. Add a grating of nutmeg, a saltspoon of black pepper, the juice of a lemon, and a half-

pint of the water in which the onions were boiled. Bring to the boiling point, add two tablespoonfuls of cream; then add the eggs and onions. When thoroughly hot, dish them in a conical form, garnish with triangular pieces of toast, and serve.

EGGS A LA AURORE

Hard-boil six eggs, cut them into halves length-wise, take out the yolks, keeping them whole. Cut the whites into fine strips. Make a cream sauce. Add to it two tablespoonfuls of finely chopped sardines or finely chopped lobster or crab, a tablespoonful of tarragon vinegar. Add the whites of the eggs, and, when quite hot, add the yolks, without breaking them. Turn this at once into a heated dish, garnish

the dish with triangular pieces of toast, and send to the table. Or, if you like, make the sauce, season it and put a layer into the bottom of the baking-dish, then a layer of Parmesan cheese, then a layer of the yolks, pressed through a sieve, and so on, alternating, having the last layer of the yolks of the eggs. Dust over a few bread crumbs, put here and there bits of butter, and brown quickly in the oven.

EGGS A LA SUISSE

Cover the bottom of a baking-dish with about two tablespoonfuls of butter cut into bits. On top of this, very thin slices of Swiss cheese. Break over some fresh eggs. Dust with salt and pepper. To each half dozen eggs, pour over a half cup of cream. Then cover the

top with grated Swiss cheese and bake in the oven until the cheese is melted and the eggs set. Send this to the table with a plate of dry toast.

EGGS A LA DAUPHIN

Remove the shells from six hard-boiled eggs, cut them into halves, lengthwise, take out the yolks, press them through a sieve. Add four level tablespoonfuls of melted butter, and half a teaspoonful of salt, a grating of nutmeg and two tablespoonfuls of Parmesan cheese. Add half a cupful of cream to a half cupful of sifted bread-crumbs. Mix this with the yolks, rub until smooth, then add one well-beaten egg, and the yolk of one egg. Cover the bottom of the baking dish with the remaining preparation, raising the

whites of the eggs in sort of tiers in pyramid form and have an egg crown the whole. Have ready two extra hard-boiled eggs, take out the yolks, press them through a sieve, all over the top. Garnish the edges of the dish with triangular pieces of toasted bread, cover the whole with Cream Sauce, brown in the oven, and serve at once.

EGGS WITH NUT-BROWN BUTTER

These eggs may be shirred or poached and served on toast. Put two tablespoonfuls of butter in a saute or frying pan. As soon as it begins to heat, break into it the eggs and cook slightly until the yolks are set; dish them at once on toast or thin slices of broiled ham. Now put two more tablespoonfuls of butter in the pan, let it

brown, and add two tablespoonfuls of vinegar; boil it up once and pour over the eggs.

EGGS BROULLI

Beat four eggs. Add to them four tablespoonfuls of stock, four tablespoonfuls of cream, a saltspoonful of salt and half a saltspoonful of pepper. Turn them into a saucepan, stand in a pan of hot water, stir with an egg-beater until they are thick and jelly-like. Turn at once into heated dish, garnish with toast and send to the table.

PLAIN SCRAMBLED EGGS

Put two tablespoonfuls of butter in a shallow frying pan. Add a tablespoonful of water to each egg. Six eggs are quite enough for four people. Add a half teaspoonful of salt, and a

saltspoonful of pepper. Give two or three beats—enough to break the eggs; turn them into the frying pan, into the hot butter. Constantly scrape from the bottom of the pan with a fork, while they are cooking. Serve with a garnish of broiled bacon and toast.

BIRDS' NESTS

Separate the eggs, allowing one to each person. Beat the whites to a stiff froth. Heap them into individual dishes, make a nest, or hole, in the centre. Drop into this a whole yolk. Stand the dish in a pan of water, cover, and cook in the oven about two or three minutes. Dust lightly with salt and pepper, put a tiny bit of butter in the centre of each, and send at once to the table. This is one of the most sightly of all egg dishes.

EGG FLIP

This dish is exceedingly nice for a child or an invalid. Separate one egg, beat the white to a stiff froth, add the yolk and beat again. Heap this in a pretty saucer, dust lightly with powdered sugar, put in the centre a teaspoonful of brandy, and serve at once. Sherry or Madeira may be substituted for the brandy.

EGGS A LA RORER

Toast rounds of bread, one for each person. Butter them. Heat, in boiling water, the choke of a French artichoke, one for each slice of bread. Make Sauce Hollandaise, and put one artichoke bottom on each slice of bread on a heated platter. Put in the centre a poached egg and pour over the Sauce Holland-

aise. Garnish the dish with nicely cooked French or fresh green peas.

EGGS BÉNÉDICT

Separate two eggs. Break the yolks, add a cupful of milk, a half teaspoonful of salt, one and a half cupfuls of flour and a tablespoonful of melted butter. Beat well, add two level teaspoonfuls of baking powder and fold in the well beaten whites. Bake on a griddle in large muffin rings. Broil thin slices of ham. Make a Sauce Hollandaise. Chop a truffle. Poach the required number of eggs. Dish the muffins, put a square of ham on each, then a poached egg and cover each egg nicely with Sauce Hollandaise. Dust with truffle and serve at once.

EGGS EN COCOTTE

Chop fine one good-sized onion. Cook it, over hot water, in two level tablespoonfuls of butter. When the onion is soft add a quarter of a can of mushrooms, chopped fine, two level tablespoonfuls of flour and one cupful of stock. Stir until boiling. Add a tablespoonful of chopped parsley, a half teaspoonful of salt and a saltspoonful of pepper. Put a tablespoonful of this sauce in the bottom of individual cups. Break into each cup one egg. Pour over the remaining mixture. Stand the cups in a pan of hot water and bake in a moderate oven about five minutes.

OMELET

A plain French omelet is, perhaps, one of the most difficult of all things to make; that is, it is the most difficult

to have well made in the ordinary private house. Failures come from beating the eggs until they are too light, or having the butter too hot, or cooking the omelet too long before serving.

In large families, where it is necessary to use a dozen eggs, the omelet will be better if made in two. A six egg omelet is quite easily handled. Do not use milk for an omelet; it toughens the eggs while cooking. An omelet pan is a shallow frying pan. It should be kept especially for omelets. Each time it is used rub until dry, but do not wash. Dust it with salt and rub it with brown paper until perfectly clean.

To make an omelet: First, put a tablespoonful of butter in the middle of the pan. Let it heat slowly. Break the eggs in a bowl, add a tablespoonful

of water to each egg and give twelve good, vigorous beats. To each six eggs allow a saltspoonful of pepper, and, if you like, a tablespoonful of finely chopped parsley. Take the eggs, a limber knife and the salt to the stove. Draw the pan over the hottest part of the fire, turn in the eggs, and dust over a half teaspoonful of salt. Shake the pan so that the omelet moves and folds itself over each time you draw the pan towards you. Lift the edge of the omelet, allowing the thin, uncooked portion of the egg to run underneath. Shake again, until the omelet is set. Have ready heated a platter, fold over the omelet and turn it out. Garnish with parsley, and send to the table.

If one can make a plain French omelet, it may be converted into many, many kinds.

OMELET WITH ASPARAGUS TIPS

Make a plain omelet from six eggs, have ready a half pint of Cream Sauce, and either a can or a bundle of cooked asparagus. Cut off the tips, preserving the lower portions for another dish. When the omelet is turned on the heated platter, put the asparagus tips at the ends, cover them with Cream Sauce, pour the rest of the Cream Sauce in the platter, not over the omelet.

OMELET WITH GREEN PEAS

Make a six egg omelet. Have ready one pint of cooked peas, or a can of peas, seasoned with salt, pepper and

butter. Just before folding the omelet put a tablespoonful of peas in the centre, fold, and turn out on a heated platter. Pour the remaining quantity of peas around the omelet, and send at once to the table. If you like, you may pour over, also, a half pint of Cream Sauce.

HAVANA OMELET

Put two tablespoonfuls of butter and two chopped onions over hot water until the onion is soft and thoroughly cooked. Peel four tomatoes, cut them into halves and press out the seeds. Then cut each half into quarters, add four Spanish peppers cut in strips, a level teaspoonful of salt and a dash of red pepper. Cook until the tomato is soft. Make a six egg omelet. Turn

it onto a heated platter, put the tomato mixture at the ends, and send at once to the table.

OMELET WITH TOMATO SAUCE

Make a plain omelet with six eggs. Pour over a half pint of tomato sauce, and send to the table.

OMELET WITH OYSTERS

Drain, wash, and drain again twenty-five oysters. Throw them into a hot saucepan and shake until the gills curl. Rub together two level tablespoonfuls of flour and two of butter. Drain the oysters, put the liquor into a half-pint cup, add sufficient milk to fill the cup. Add this to the butter and flour. When boiling, add the oysters, a level teaspoonful of salt and a dash of red pepper. Make a six egg omelet, turn it

onto a heated dish, arrange the oysters around the omelet, pour over the Cream Sauce, and send to the table.

OMELET WITH SWEETBREADS

This is a very good way to make sweetbreads do double duty. Boil a pair of sweetbreads until they are tender. Remove the membrane, cut them into slices; make a Cream Sauce. Add the sweetbreads, and, if you like, a half can of chopped mushrooms. Make a six egg omelet, arrange the slices of sweetbread around the omelet and pour over the Cream Sauce.

OMELET WITH TOMATOES

Beat six eggs. Add a half pint of rather thick stewed tomatoes, a level teaspoonful of salt and a saltspoonful of pepper. Beat the eggs and toma-

toes together, and make precisely the same as a plain omelet. Do not, however, add water, as the tomatoes answer the purpose.

OMELET WITH HAM

Mix a half cup of chopped ham with the eggs after they have been beaten with the water, and finish the same as a plain omelet.

OMELET WITH CHEESE

Beat six eggs until they are thoroughly mixed. Add a half cupful of thick cream, four tablespoonfuls of grated cheese, a saltspoonful of black pepper and a half teaspoonful of salt. Mix and finish the same as plain omelet.

OMELET WITH FINE HERBS

Beat six eggs until thoroughly mixed. Add a half cupful of cream, a tablespoonful of finely chopped parsley, a saltspoonful of pepper and a half teaspoonful of salt. Finish the same as a plain omelet. Serve on a heated platter and put over a little thin Spanish Sauce.

SPANISH OMELET

Beat six eggs. Add six tablespoonfuls of water. Add a saltspoonful of pepper, a tablespoonful of finely chopped parsley, a teaspoonful of onion juice. Put six thin slices of bacon in the omelet pan. Cook slowly until all the fat is tried out. Remove the bacon, add a tablespoonful of chopped onion. Cook until the onion is slightly

brown, turn in the eggs and finish the same as a plain omelet. Turn onto a heated platter, garnish with red and green peppers, and, if you like, add two tablespoonfuls of stewed tomatoes, one at each end of the omelet.

OMELET JARDINIERE

Chop sufficient chives to make a tablespoonful. Add a tablespoonful of parsley, a tablespoonful of finely chopped onion, and, if you have it, a little of the green tops of celery. Mix this with six eggs, add six tablespoonfuls of water and beat. Make the same as a plain omelet.

OMELET WITH FRESH MUSHROOMS

This is one of the most delicious of all the luncheon dishes. Put two tablespoonfuls of butter, a pound of

mushrooms, sliced, a half cup of milk and a teaspoonful of salt into a saucepan. Cover and cook slightly for twenty minutes. Make two six egg omelets. Turn them, side by side, on a large heated platter, pour over the fresh mushrooms and serve at once.

OMELET O'BRIEN

Put two tablespoonfuls of butter in a saucepan with four tablespoonfuls of chopped onion. Cook until the onion is tender. Then add four chopped Spanish peppers, two tablespoonfuls of thick tomato, or one whole raw tomato cut into bits, four sliced cooked okra, a teaspoonful of salt, a dash of pepper. Let these cook twenty minutes. Make a six egg plain omelet, using bacon fat instead of butter for the cooking. Re-

move the slices of bacon before they are too hard, as they must be used for a garnish. Turn the omelet onto a heated platter, pour around it the pepper mixture, garnish with the bacon, and send to the table. Canned mushrooms may be added, if desired.

SWEET OMELETS

OMELET A LA WASHINGTON

Put three eggs into a bowl, and three into another bowl. Add three tablespoonfuls of water to each, and beat. Have two omelet pans, in which you have melted butter. Grate an apple into one bowl, and into the other put a little salt and pepper. Stand two tablespoonfuls of jelly in a dish over hot water while you make the omelet. Proceed as for plain omelets. The

one to which you have added the apple, turn out on a plate. Before folding the other, put in the centre the softened currant jelly, then fold it and turn it out by the side of the other omelet. Dust both with powdered sugar, and send at once to the table.

OMELET WITH RUM

Make a plain omelet with six eggs, turn it on a heated platter. Dust it with powdered sugar, and score it across the top with a red-hot poker. Dip four lumps of sugar into Jamaica rum and put them on the platter. Put over the omelet four tablespoonfuls of rum; touch a match to it, and carry it to the table, burning. Baste the omelet with the rum until the alcohol is entirely burned off.

SWISS SOUFFLE

Allow one egg to each person. Have everything in readiness. The maraschino cherries must be drained from the liquor. Separate the eggs. Beat the whites until they are stiff. Add a level tablespoonful of powdered sugar to each white, and beat until dry and glossy. Add the yolks of three eggs. Mix quickly. Add the grated rind of one lemon and a tablespoonful of lemon juice. Heap this into individual dishes. Make a tiny little hole in the centre and put in a maraschino cherry, leaving the hole large enough to also hold a tablespoonful of the liquor when the omelet is ready to serve; dust it with powdered sugar, bake in a quick oven about three minutes, take it from the oven, pour in the maraschino juice and

send at once to the table. These will fall if baked too much; they will not stand a moment, but, when well made and served quickly, are one of the daintiest of desserts.

OMELET SOUFFLE

This is, perhaps, one of the most difficult of all dishes to make. Like the preceding recipe, it must be made at the last moment and sent from the oven directly to the table. The eggs must be beaten to just the right point and the oven must be very hot. Get everything in readiness before beginning to make the souffle. When, however, you have accomplished this art, you have one of the most satisfactory desserts.

Select a bowl, perfectly clean, and arrange the star tube and pastry bag,

if you are going to use one. If not, get out a baking dish. Sift six tablespoonfuls of powdered sugar. Separate six eggs. Put three of the yolks aside (as you will only use three), and beat the other three until creamy. Beat the whites until they are very stiff but not dry or broken. Now add three tablespoonfuls of the sifted powdered sugar. Beat for fully ten minutes. Then add the beaten yolks, the grated rind of a lemon and at the last a tablespoonful of lemon juice. Mix carefully and quickly, but thoroughly. Put four or five tablespoonfuls of this in the bottom of a platter, or baking dish. Put the remaining quantity quickly in the pastry bag, and press it out into roses. It is easier to make it in small rosettes all over the foundation.

Dust quickly with the remaining three tablespoonfuls of sugar. Bake in a quick oven until golden brown. This will take about five minutes. Serve immediately. To be just right, this must be hot to the very centre, crisp on top, moist underneath. If baked too long, the moment the top is touched it will fall, becoming stringy and unpalatable.

Omelet souffles are frequently flavored with rum, which must be mixed with the sugar. Sometimes they are sprayed with sherry just as they are taken from the oven. They may be built up into different forms, and garnished with candied or maraschino cherries, or chopped nuts.

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